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AN UNCONVENTIONAL 'HARVEST'

Manhattan public high school takes innovative path. And it works! 2

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1. How many pounds of psychedelic mushrooms did police seize during a raid at a house in Brooklyn?

2. What is the movie that first made Ben Mendlesohn of "Rogue One" an actor to watch?

3. How many passes in a row did Eli Manning complete to start Sunday's win against Detroit?

3 things you need to know

CLINTON AIDE: TRUMP TEAM COLLUSION WITH RUSSIA AN 'OPEN QUESTION'

A top aide to Hillary Clinton's presidential campaign said on Sunday it was an "open question" whether President-elect Donald Trump's advisers colluded with Russia to hack into Democratic Party emails to try to sway the Nov. 8 election. Clinton campaign chairman John Podesta said there was evidence that Trump associates had contact with a Russian intelligence official and the website Wikileaks before U.S. intelligence agencies accused Russia of being behind computer attacks of Democratic emails, including Podesta's. "It's very much unknown whether there was collusion. I think Russian diplomats have said post-election that they were talking to the Trump campaign," Podesta told NBC's "Meet the Press" program. "Not what Mr. Trump knew, but what did 'Trump Inc' know and when did they know it? Were they in touch with the Russians? I think those are still open questions," he added. Asked if it was a free and fair election, Podesta replied: "I think it was distorted by the Russian intervention, let's put it that way." REUTERS

BUSES EN ROUTE TO EVACUATE SYRIAN VILLAGES BURNED

2 Several buses en route to evacuate ill and injured people from the besieged Syrian villages of al-Foua and Kefraya were attacked and burned on Sunday, the Syrian Observatory for Human Rights and Syrian state television said. Some buses, as well as Red Crescent vehicles, reached the entrance to the villages in Idlib province, which are besieged by insurgents. The coalition of forces fighting for the government of President Bashar al-Assad are demanding people to be allowed to leave the two villages in exchange for allowing evacuations of rebels and civilians from east Aleppo. REUTERS

SENATORS CALL FOR PANEL TO INVESTIGATE RUSSIAN HACKING

3 Four Senators on Sunday called for the creation of a bipartisan investigative panel that would investigate U.S. government allegations that Russia and other foreign countries tried to hack the U.S. elections. U.S. Sen. Charles Schumer of New York, the incoming Senate Minority Leader, said that he and Democrat Jack Reed of Rhode Island, Republicans John McCain of Arizona and Lindsey Graham of South Carolina would be issuing a joint letter about creating the committee. REUTERS

Kiran Chauduri teaches a class called "The Art of Description" at Harvest Collegiate in Manhattan. BESS ADLER

Harvest Collegiate shines with offbeat approach

The Manhattan high school boasts a 96 percent graduation rate.

ERIC GERARD
@MetroNewYork
letters@metro.us

Muffled piano chords filter into the hallway as a few straggling students head for their class in "Tricksters, Fools and Scoundrels: Comedy as a Window on the World."

So begins another day at Manhattan's Harvest Collegiate High School, where classes with offbeat course titles meet on the upper floors of a Party City store, teachers are called by their first names and students who cut class face a panel of their peers.

Harvest is different from most public schools, and it's by design, courtesy of founder and principal Kate Burch and 38 teachers. Their freedom to innovate is made possible by a teachers' union grant that allows some Department of Education rules to be broken and by membership in a state consortium of schools that reject standardized testing.

In June, the four-year-old school, on West 14th Street, celebrated its first graduating class, not necessarily with balloons and noisemakers from downstairs, but with a 96 percent graduation rate — well above the citywide average of 70.5 percent.

Last year, 2,461 applied for 120 freshman spots. Almost 30 percent are special education students integrated into regular classes with an Individualized Education Plan (IEP).

"People ask us our theme or what we're preparing students for," said Burch, who has degrees from Harvard and Columbia and has worked in India, France and Ghana. "We say our theme is you, the student. We teach them to think deeply and well."

The course catalog reads like a college electives list: Engendering Gender, War and Imagery, Track and Field Through an Algebraic Lens, Atoms to Humans. Students take four years of core subjects.

"It's just that their science class may be Designing a Computer Game, or their history class may be in world religions or economics," Burch said.

> *"We say our theme is you, the student. We teach them to think deeply and well."*
> Kate Burch

To graduate, students must publicly present a capstone project to a panel. The only Regents Exam taken is English.

Students' families hail from 34 countries and speak 25 languages.

"Our school is New York in a nutshell," said Liana Donahue, an IEP English teacher, studio art teacher and director of student recruitment. "Commitment to diversity is one of Harvest's core values, and I think it's what makes Harvest special."

One universal language, however, is music. All ninth- and 10th-graders learn an instrument. "If you come in at 8:15 in the morning, you'll hear piano playing," Donahue said.

Students started K-pop, debate, anime, and Black Lives Matter clubs, she added.

Karen Smith, 18, from East New York, Brooklyn, who attends SUNY Oneonta, said that Harvest prepared her well.

"The Collegiate part lived up to its name," she said. "Writing a 10-page paper is almost like writing five now. It comes effortlessly."

WEEK-AHEAD WEATHER BY JOHN BOLARIS

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CHRISTMAS EVE	CHRISTMAS
Sunny, cold, 31	Sunny, cold, 37	Milder, 45	Showers late in the day, 48	Sunny, 45	Sunny, 47	Rain likely, 45

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Record number of passengers ride Staten Island Ferry in 2016

Scheduling departures every 30 minutes boosted ridership, officials say.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

GETTY IMAGES

Miguel Mercado has noticed something different about the Staten Island Ferry since he began commuting to Grand Central Station where he's a mail carrier.

"I have seen an uptick in ridership since I moved seven months ago," he said.

A record number of people cruised between Lower Manhattan and Saint George this year aboard the Staten Island Ferry, thanks somewhat to a move to have ferries depart every 30 minutes.

More than 23 million people rode the ferries, which are free, between July 2015 and this past June, according to statistics from the mayor's office. That figure represents a 5 percent increase from the previous year and nearly 800,000 more riders above a record set in 2012.

Staten Island Borough President James Oddo said it was easy to see why there were more riders this past year: more departures.

"It's not the love boat — it's a vital transportation link and ferry service just once an hour late at night and on weekend evenings is not acceptable," he said in 2013 when proposing legislation to boost service.

"I have seen an uptick in ridership since I moved seven months ago."
Miguel Mercado

"Our legislation required no more than half hour wait times between boats so that the schedule would stop acting as a de facto curfew on Staten Islanders," he said.

Oddo added that the increased service came just in-time to help support new development taking place on Staten Island's North Shore waterfront, including the recent opening of the Urby housing development on the Stapleton waterfront, as well as the continued construction of the NY Wheel, Empire Outlets, and Lighthouse Point.

The ferry, operated by the city since 1905, carries more than 22 million passengers annually and runs 24 hours a day, 365 days a year. The city says the ferry is the most reliable form of mass transit, with an on-time performance of over 96 percent.

Kimberly Potts Poe, a recent visitor from the Dallas, Texas, area said it was her first time going to see Lady Liberty by way of the ferry.

"It was a great experience for us first timers," she said.

Nancy Pagano, a Brooklyn native who now lives in Florida, said she was surprised to learn the ferry ride was free, calling it "great."

"We met a couple from Australia," she recalled, "and it was wonderful to see how they were enjoying the ride and the view of the Statue of Liberty."

Ferry Facts

More than 23 million people rode the ferries, which are free, between July 2015 and this past June, according to statistics from the mayor's office. That figure represents a **5 percent increase** from the previous year and nearly **800,000 more riders** above a **record** set in 2012.

Harlem deer dies despite last-minute reprieve

The tale of the Harlem deer came to a tragic end over the weekend.

A white-tailed deer that captured the imaginations of New Yorkers, as well as the governor, died just before it was to be transported upstate, according to a spokesman from the mayor's office.

"Sad news: While under the stress of captivity & while awaiting potential transport upstate by state DEC, the Harlem deer has died."

The single-antlered buck, which caught local media attention had been staying in Harlem's Jackie Robinson Park for a couple weeks. After wandering onto the Polo Towers Grounds, a public-housing complex, at around 4 a.m. on Thursday, and being captured by the NYPD, officials decided to euthanize it.

GETTY IMAGES

"They were worried," spokesman for NYPD Lt. John Grimpel said, "that the deer was going to get onto [Harlem River Drive] and cause damage to a holiday motorist," The New York Times reported.

The mayor's office said on Thursday afternoon the deer had to be euthanized because the state Environmental Conservation Department said relocation would only be possible if the deer was released near the site of capture.

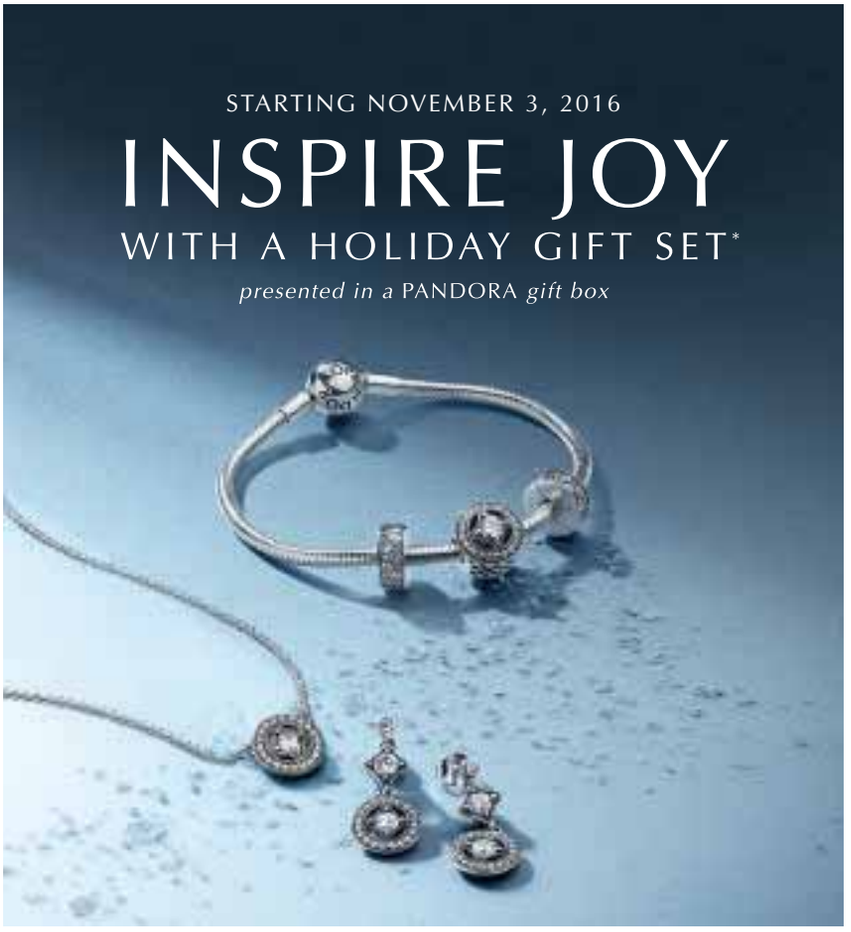
But later, after some back-and-forth between de Blasio's office and Gov. Andrew Cuomo's office, a spokesman for the governor, released the following statement:

"Over the last day, the New York State Department of Environmental Conservation advised the City of New York that there are alternatives to euthanasia that they can consider, including relocation. The city has now captured the deer, and Governor Cuomo has directed DEC to offer assistance to the city to transport and find a new habitat for it immediately."

CRISTABELLE TUMOLA, KIMBERLY M. AQUILINA

Metro Magic delivers holiday smiles

Children receive presents donated by Metro Magic, a tradition started by longtime Metro Editor Tony Metcalf, at the Philadelphia nonprofit IDAAY's annual holiday party on Saturday. Metro thanks everyone who donated gifts and the volunteers who donated their time.
CHARLES MOSTOLLER/METRO



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Calendars offer revealing look at men, women of Brooklyn Rugby Club

It's "a celebration of different body types" says the rugby club chairman.

NIKKI M. MASCALI
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Thanks in part to its popular debut at the Rio Olympics, rugby seems to have taken off in America. But nearly a decade before the Summer Games, the sport gained momentum in Brooklyn with the inception of the Brooklyn Rugby Club.

New Yorkers can get an intimate glimpse at the men and women of the BRC via its 2017 calendars, which are currently on sale for $15. While it's the fourth installment for the men, but the first time the women players are involved.

"It's come at a great time because women's rugby is exploding in the U.S.," club chairman Ben Martin told Metro. "It's not as provocative as the men's calendar — it's more a celebration of different body types and unity."

The club first published a men's calendar in 2013 as a member-suggested fundraiser, "so we all took our shirts off and took some very glamorous shots in and around Brooklyn," said Martin, who appears as Santa in December's photo.

The two calendars are drastically different. The men often appear half-naked in suggestive or humorous poses. The women's calendar, which was creatively directed and shot by women in black-and-white, shows the team in various stages of play or preparation.

"It's outselling the men's calendar," Martin said.

He said one of the biggest misconceptions he hears about is that many people are surprised that it's played by so many Americans.

"Anytime I go home and talk about playing for or running a rugby club, people guess it's mostly ex-pats," said Martin, a native of the United Kingdom. "While there's a large ex-pat contingent of members, most of the people are American born and raised."

Brooklyn Rugby Club primer

- BRC has nearly 100 active players and several hundred members. The men's and women's teams were founded separately in 2007.
- The average age range for men is 25-35, while the women's team skews 30 and under.
- Though it's not an NCAA sport, rugby is played at many colleges.
- There are two versions of rugby: sevens and fifteens, which refer to the number of players on the field. Sevens is more tournament-based with 14-minute games during the summer. Fifteens is spit into spring and fall seasons that generally consist of eight games.

A humorous wardrobe malfunction is featured in the men's calendar September photo. BROOKLYN RUGBY CLUB

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Nearly $2M in psychedelic mushrooms seized from Brooklyn grow house

Three men were arrested Friday after a search turned up more than 250 pounds of psychedelic mushrooms and $30,000 in cash in Brooklyn, officials said.

"This investigation exposed and dismantled a massive psychedelic mushroom grow house, keeping hundreds of pounds of this illegal and dangerous drug off the streets, Acting Brooklyn District Attorney Eric Gonzalez said.

Vitali Yaromin, 50, and Maksym Lyushnenko, 47, both of Sheepshead Bay, Brooklyn, and Nikita Medvedev, 26, of Staten Island were awaiting arraignment Friday on charges of criminal possession of a controlled substance and criminally using drug paraphernalia.

GETTY IMAGES

If convicted, they face up to 10 years in prison on the top count.

An investigation by the DEA's New York Organized Crime Drug Enforcement Strike Force, led to local search warrants executed at a private house on East 13th Street in Sheepshead Bay. There, detectives seized more than 200 pounds of psilocybin mushrooms, or psychedelic mushrooms, more than $30,000 in cash, more than 300 gift cards, one ounce of marijuana and bank records, officials said. CRISTABELLE TUMOLA

BRIEF

Two men stabbed in Times Square

Police are investigating a stabbing outside Madame Tussauds wax museum early Sunday that sent two men to the hospital.

The victims, a pair of 25-year-old men, were knifed outside the popular Times Square tourist attraction around 2:30 a.m., the New York Daily News reported.

Two suspects, a man and a woman both believed to be in their 20s, fled the scene. The male suspect was last seen wearing jeans and a dark shirt; the woman was last seen in a beige jacket, according to news media reports,

One victim was slashed in the back; the other suffered wounds to his neck and shoulders. They were both transported to Bellevue Hospital in serious condition, but are expected to be OK, ABC7 reported.

Investigators believe the suspects and victims knew each other, the ABC affiliate reported. Police said they will look at video from surveillance cameras in the area. ALEXIS SACHDEV

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BRIEF

Actress Zsa Zsa Gabor dies at age 99: media reports

Actress Zsa Zsa Gabor, who parlayed beauty, diamond-studded glamor and nine marriages into a long celebrity career, died on Sunday, Variety and other media outlets reported, She was 99.

Ed Lozzi, a publicist for Gabor, told Variety that the Hungarian-born actress, who would have turned 100 in February, passed away at her home on Sunday afternoon. No additional information about her death was available, and Lozzi could not be reached immediately.

Gabor, by most accounts, had a personality that generally outshone her acting skills. Her bubbly demeanor and looks helped land her a string of wealthy husbands. She had a penchant for calling everyone "dah-ling" in her thick Hungarian accent. Along with her two sisters, Eva and Magda, she became a fixture on Hollywood's social circuit in her prime.

Zsa Zsa Gabor 1993 GETTY IMAGES

She was once branded "the most expensive courtesan since Madame de Pompadour," but Gabor insisted that only her marriage to husband No. 2, hotel mogul Conrad Hilton, was financially motivated.

In fact, marriage could have been the Gabor family business and Zsa Zsa, the company's CEO. Her nine marriages topped the five by Eva, who starred in the 1960s sitcom "Green Acres," and the six of Magda, whose Hollywood career was mostly based on being the third Gabor sister.

While her acting skills were rarely lauded, Zsa Zsa Gabor carved out a career in her early days in Hollywood. Her finest film roles came with "Moulin Rouge," where she earned good reviews, in 1952 and "Lili" in 1953.

She appeared in more than 30 movies and by the 1970s she began to reject smaller roles, saying: "I may be a character but I do not want to be a character actress."

Greater success came with nightclub and TV appearances where she disclosed she called everyone "dah-ling" because she could not remember names well, and she relied on self-parodying jokes based on her marriages, haughty demeanor and taste for opulence. REUTERS

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Media reports: Dozens of Cuban migrants land in Florida Keys

BILLY BECERRA, METRO

All 51 of the migrants who landed on Sunday were turned over to U.S. Customs and Border Protection, WPLG TV reported.

Dozens of Cuban migrants landed in three separate boats in the Florida Keys on Sunday, days after more than 40 others arrived in the same area, local media reported.

Under an agreement with Cuba's communist government, the United States can force Cubans who are intercepted between the two nations to return home or go to a third country, though those who land on U.S. soil are usually allowed to stay.

The U.S. Coast Guard earlier this year said it was concerned about a possible surge in Cuban migrants eager to flee.

The concerns arose over peoples' fears that the warming relations between the Cuban government and Washington could jeopardize the special status enjoyed by Cubans for decades in gaining refugee status in the United States.

In addition, anti-immigration sentiment stirred up by Republican Donald Trump during the U.S. presidential campaign led to concerns he could clamp down on Cubans entering the United States legally if won the Nov. 8 election. Now that Trump is president-elect, it remains to be seen how he will handle immigration.

Five days ago, 41 migrants from Cojímar, east of Havana, landed in the Florida Keys in a single boat, the Miami Herald reported. REUTERS

UN council to vote today on monitoring Aleppo evacuation

Syrian children wait to be evacuated from the east part of Aleppo on Sunday. GETTY IMAGES

The U.N. Security Council agreed on a draft resolution aimed at ensuring that U.N. officials can monitor evacuations from the Syrian city of Aleppo and will vote on the text on Monday, diplomats said after several hours of negotiations.

The council had been scheduled to vote on Sunday on a French draft, but Russia, an ally of the Syrian government in the civil war, circulated a rival text. Russia raised concerns about sending in U.N. officials unprepared to monitor the protection of civilians who remain in the last rebel-held area of eastern Aleppo, which has been under siege for years.

The evacuation ground to a halt on Friday after demands from pro-government forces that people also be moved out of two Shi'ite villages besieged by insurgents.

French U.N. Ambassador Francois Delattre said the compromise text was based on the French draft and explained that the vote had been delayed until Monday because "given the importance of the text, some of us have preferred to report back to capitals."

The new draft asks U.N. Secretary-General Ban Ki-moon "to take urgent steps to make arrangements, including security arrangements in consultation with interested parties, to allow the observation by the United Nations and other relevant institutions of the well-being of civilians ... inside the eastern districts of the city of Aleppo."

The U.S. Ambassador to the United Nations, Samantha Power, told reporters that the council expected to "vote unanimously for this text" at 9 a.m. (1400 GMT).

Russian U.N. Ambassador Vitaly Churkin told reporters: "I think we have a good text."

Churkin had earlier on Sunday said that Russia would veto the original French draft, which he described as "a disaster."

Russia, which has provided military backing to Syrian President Bashar al-Assad's troops, has vetoed six Security Council resolutions on Syria since the war started in 2011. China joined Moscow in vetoing five resolutions.

The draft resolution to be voted on asks the United Nations and other institutions "to carry out adequate, neutral monitoring and direct observation on evacuations from the eastern districts of Aleppo and other districts of the city."

It also "demands all parties to provide these monitors with safe, immediate and unimpeded access."

Ban would report back on implementation of the resolution within five days of adoption, the draft said. REUTERS

BRIEFS

Jordan's security forces declare end of castle siege, four 'terrorists' killed

Jordanian security forces said they killed four "terrorist outlaws" after flushing them out of a castle in the southern city of Karak where they had holed up after a shoot-out that killed nine people.

An official statement said the four assailants, who shot at police targets in the town before heading to the Crusader-era castle, carried automatic weapons. Large quantities of explosives, weapons and suicide belts were seized in a hideout, it added.

The statement made no mention of their identity or whether they belonged to any militant group. REUTERS

Official: Suicide bomber kills seven in Libyan city of Benghazi

At least seven people were killed and eight wounded when a suicide bomber targeted forces loyal to Libya's eastern government in Benghazi on Sunday, medical and security officials said.

Islamic State said it carried out the bombing, in the besieged district of Ganfouda. The area is one of the last pockets of resistance holding out against the Libyan National Army (LNA), a self-styled force loyal to eastern commander Khalifa Haftar.

Haftar has been waging a military campaign in Benghazi for more than two years against Islamists and other opponents. The fighting is part of a broader, low-intensity conflict in Libya, which splintered into multiple political and armed factions after the uprising that toppled Muammar Gaddafi in 2011.

This year the LNA has made major gains in Benghazi, though fighting and attacks have continued in parts of the city. REUTERS

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Trump aide plays down prospect of upending 'one China' policy

President-elect Donald Trump's incoming White House chief of staff on Sunday played down the prospect that Trump would revisit Washington's decades-old "one China" policy, even though he suggested as much a week ago.

Since 1979, the United States has acknowledged Taiwan as part of "one China" but Trump prompted a diplomatic protest from Beijing after he accepted a congratulatory phone call on his election win from President Tsai Ing-wen of Taiwan on Dec. 2.

"We are not suggesting that we're revisiting 'one China' policy right now," Trump aide Reince Priebus said on "Fox News Sunday with Chris Wallace."

Reince Priebus GETTY IMAGES

"He is not president right now and he's respectful to the current president," Priebus said.

Last Sunday, Trump himself said in an interview on "Fox News Sunday": "I fully understand the 'one China' policy, but I don't know why we have to be bound by a 'one China' policy unless we make a deal with China having to do with other things, including trade."

Political analysts said that Republican Trump's call with the president of Taiwan and the comments on the "one China" policy could antagonize Beijing.

Trump also inserted himself on Saturday into another sensitive dispute between China and the United States after China on Thursday seized an underwater drone owned by the U.S. military in the South China Sea. Trump called the seizure an "unpresidented act" [sic] in a tweet.

U.S. officials described the seizure as the first of its kind in recent memory. It was taken about 50 nautical miles northwest of Subic Bay off the Philippines just as the USNS Bowditch was about to retrieve it, officials said.

Although China vowed to return the drone to the United States, Trump later tweeted that the U.S. should let China keep it.

REUTERS

BAH, HUMTRUMP!

After a long and brutal political year, it is so nice to have the season of peace and giving upon us. As if. Some of these D.C. pols make Scrooge look like Howie Mandel any day of the year. So here are my three things to watch this week.

1. COAL FOR THE KREMLIN

President Obama must be pretty busy packing boxes by now but he's vowed to take a break to beat up on the Russians a bit. The administration is furious over what it says is clear evidence Moscow hacked into the U.S. election among other things. So what sort of retaliation does the White House have in mind? It could be economic sanctions, a counter cyberattack, or perhaps a paper cut and lemon juice. In any event, watch for more developments and perhaps more pushback from Vladimir Putin ("Who me?") as a result.

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

2. LAST GASP FOR CLINTON CAMPAIGN

Before Donald Trump can take the oath in January, a critically important detail must be taken care of this week: The 538 members of the Electoral College have to meet on Monday to officially make him the winner of the election. Unless they don't.

With Hillary Clinton's lead in the popular vote up around 3 million, Democrats have raised a hue and cry for "faithless electors" to rise up, deny the results in their own states, and hand her the White House. The odds of it happening are almost nonexistent. Still, watch to see how many — if any — of them heed the call if only for form's sake. There could still be a little drama left in this election …

3. HOLIDAY MAKEOVER

If you haven't noticed yet, Team Trump has been significantly retrenching on many campaign promises. Prosecuting Clinton? Building a wall? Meh. It's no surprise. Pretty much every politician does that. Watch the president-elect move even more quickly in that direction over the holiday season while voters are feeling particularly warm, mellow and drunk on eggnog. But also watch for some sharp complaints if he takes it too far.

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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Knee Arthritis Sufferers Successful Treatments?

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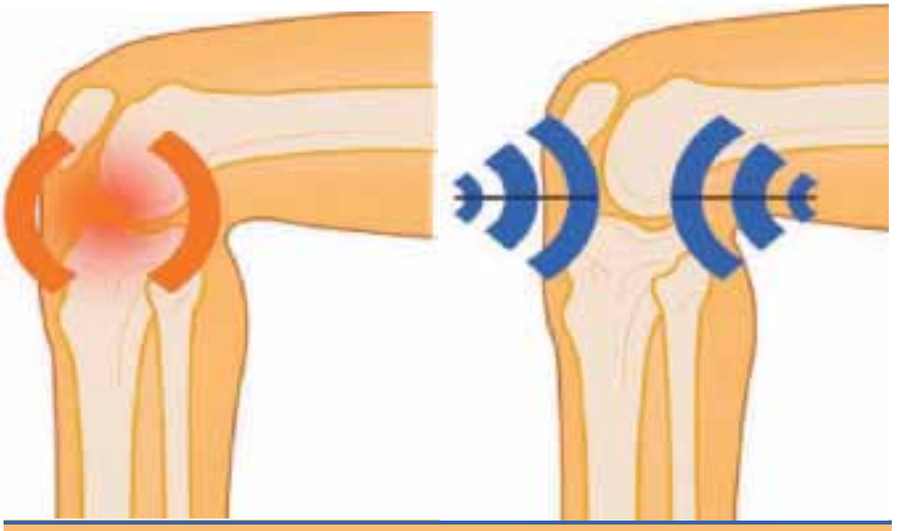

Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

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Only the hardiest remain at Dakota pipeline protest camp

Protesters who remain at the camp are still receiving donations of money and supplies from people across the U.S.

Two weeks after a victory in their fight against the Dakota Access Pipeline, most protesters have cleared out of the main protest camp in North Dakota — but about 1,000 are still there, and plan to remain through the winter.

These folks say they are dug in at the Oceti Sakowin Camp in Cannon Ball, North Dakota, despite the cold, for a few reasons. Most are Native Americans, and want to support the tribal sovereignty effort forcefully argued by the Standing Rock Sioux, whose land is adjacent to the pipeline being built.

Others say they worry that Energy Transfer Partners LP, the company building the $3.8 billion project, will resume construction without people on the ground, even though the tribes and the company are currently locked in a court battle.

Future decisions on the 1,172-mile pipeline are likely to come through discussions with the incoming administration of Donald Trump, or in courtrooms.

"I've seen some of my friends leave but I will be here until the end and will stand up to Trump if he decides to approve the permit," said Victor Herrald, of the Cheyenne River Sioux Tribe in South Dakota, who has been at the camp since August.

At one point the camp had about 10,000 people, including about 4,000 veterans who showed up in early December — just before the U.S. Army Corps of Engineers denied a key easement needed to allow the Dakota Access Pipeline to run under Lake Oahe, a reservoir formed by a dam on the Missouri River.

After the Corps decision, Standing Rock chairman Dave Archambault asked protesters to go home. The camp's population now runs from 700 to 1,000, depending on the day, and many come from the nearby Standing Rock reservation where they live.

Those left say they are there to "show our strengths," as Bucky Harjo, 63, of the Paiute tribe, from Reno, Nevada, put it, while the tribe deals with the legal battle.

Logistics are key for those still at the camp, located on federal land.

Activists at Oceti Sakowin near the Standing Rock Sioux reservation brace for sub-zero temperatures. GETTY IMAGES

"I've seen some of my friends leave but I will be here until the end and will stand up to Trump if he decides to approve the permit."

Herrald

Theron Begay, a Navajo journeyman, certified construction worker and heavy machine operator, has been put in charge of winterizing the camp. He is training volunteers to build structures that withstand sub-zero temperatures and bitter winds, as well as compost toilets.

Some people at the camp have gotten pneumonia, and they and others went to an emergency shelter that was built three miles away to escape the cold.

Because the Oceti Sakowin camp is located on a flood plain, waste from the camp poses risks to the nearby Cannonball River. Tribal leaders have said the camp may need to move if it wants to remain active. Begay said the structures can be "disassembled like a puzzle in two hours" and re-established on drier ground.

North Dakota's Gov. Jack Dalrymple said in a Tuesday statement that he and Archambault recently met to discuss reducing tensions between the tribe and law enforcement. They are discussing reopening the nearby Backwater Bridge on state highway 1806, which has been blockaded since Oct. 27, when activists set vehicles on fire.

Harjo said he will leave "when I see the drill pad removed and DAPL out of here, and when they reopen 1806 and when we are free to go at our own will and not be targeted on the highway."

Tom Goldtooth, executive director of the Indigenous Environmental Network, and a constant presence in the camp, said the protest is transitioning "to the next level of our campaign" to stop the pipeline.

Some still at the camp worry that if they leave, Energy Transfer Partners will restart construction. ETP asked a federal judge on Dec. 9 to overrule the government's decision and grant the easement. The judge declined that request; the parties are due back in court in February. The Army Corps is considering alternatives, which could take months.

Trump, who owned ETP stock through at least mid-2016, according to financial disclosure forms, could order the Army Corps to grant the permit. His choice for energy secretary, former Texas Gov. Rick Perry, is on ETP's board. REUTERS

BRIEFS

Texas city lifts tap water ban after chemical spill fear

Tap water in Corpus Christi is safe to drink, the mayor of the Texas city said on Sunday, lifting a four-day ban after a chemical spill that forced most of the city's residents to rely on bottled water while tests were underway.

Residents of the Gulf of Mexico city were told on Wednesday to stop using tap water for drinking, food preparation and bathing. About 85 percent of Corpus Christi, with a population of about 320,000, was under the restrictions.

An investigation of the leak of up to 24 gallons of an asphalt emulsifier determined the water was safe to use again, Mayor Dan McQueen said at a news conference.

It was not clear if the water supply was ever contaminated by the spill. REUTERS

Suspect sought after toddler shot dead in Arkansas road rage

Arkansas police on Sunday were searching for a man suspected of shooting at a grandmother's car and killing her 3-year-old grandson in an apparent road rage attack.

The woman was taking the boy shopping in the southwest area of Little Rock on Saturday evening when the suspect, apparently angry because the grandmother paused too long at a stop sign, exited his vehicle and opened fire.

The grandmother, who was driving away when the suspect began shooting, was initially unaware that the boy had been shot. She drove several miles to a shopping center, where she realized the boy was wounded and called for help, he said. REUTERS

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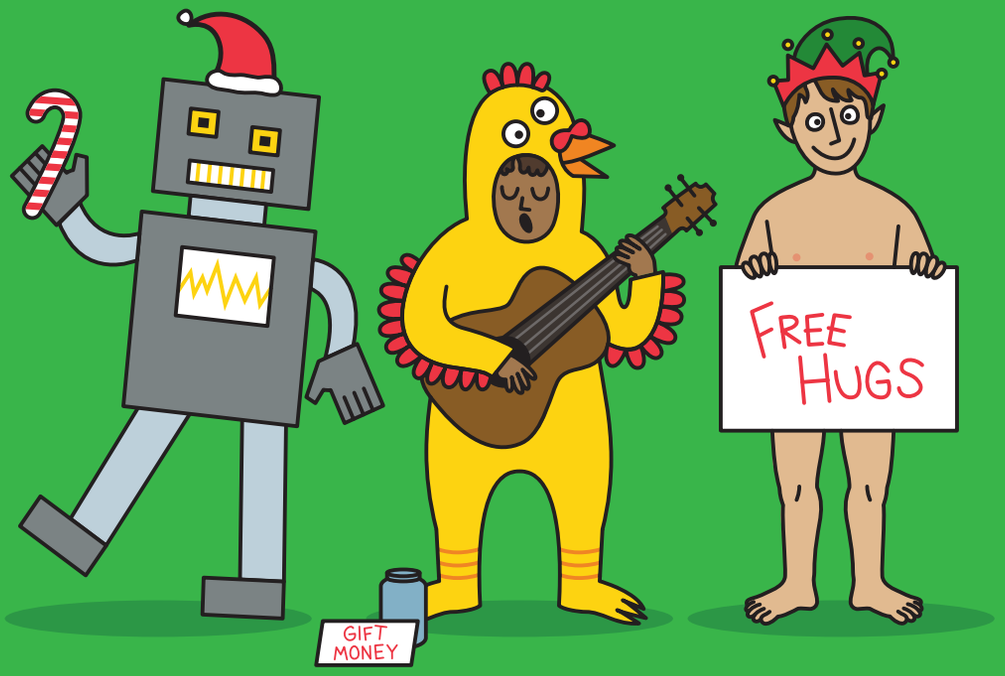

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Under threat in DC, first lady's food legacy may live on elsewhere

Michelle Obama will be ceding the title of first lady to Melania Trump next month, but she may hold for some time the other distinction she earned during her time in the White House: America's best-known advocate for healthy food.

The nonprofit organization she helped create as first lady, Partnership for a Healthier America (PHA), where she is honorary chair, will continue its work convincing food companies to improve nutrition content and labeling of products, the group said.

"Michelle Obama has been a tremendous leader in this space," said Larry Soler, president and chief executive of the group. "That legacy is going to continue for a long time after this."

When President-elect Donald Trump and a Republican-controlled Congress take over on Jan. 20, lawmakers are expected to take aim at what one of them has called "burdensome new rules" on food. School lunches and menu labeling standards are likely to be among the changes that may come under fire.

Trump, a self-professed fan of junk food, has not been explicit on what he plans to do with food policy, although he campaigned for the Nov. 8 election on a broad promise to undo regulations on business.

Michelle Obama cooks ingredients from the White House Kitchen Garden harvest with students. GETTY IMAGES

Nutrition advocates believe that, regardless of regulatory changes, private sector partnerships forged under Michelle Obama's time at PHA are likely to endure.

The first lady helped launch PHA in 2010, in conjunction with her broader Let's Move! effort to tackle childhood obesity in the United States.

Since then, the organization has inked voluntary deals with scores of food companies, universities, hospitals and hotel chains aimed at improving nutritional content in food offerings.

Companies that have made such agreements, like the world's No. 1 retailer Wal-Mart Stores Inc. and convenience store chain Kwik Trip, say they expect to uphold the commitments they have made regardless of any policy changes in Washington.

"I will always be here as a partner in this effort – always."

Michelle Obama said earlier this year

"Our commitment to provide healthy food — specifically for young people — will not only continue but it will grow," said a spokesman for Wisconsin-based Kwik Trip, which agreed with PHA this year to offer more fruit, vegetables and whole-grain foods at its stores at low cost.

PHA said its work will continue unabated after the Obamas leave the White House, and expects that consumer demand will continue to drive companies to participate. The first lady expects to continue her work on the issue, though it is unclear exactly what her role will be. REUTERS

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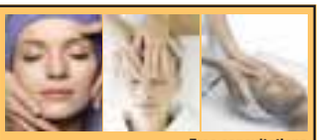

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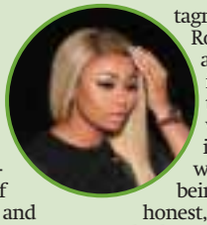
Rob Kardashian's and Blac Chyna's social media blow up

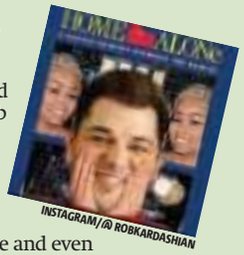
Just in time for Sunday night's premiere of the "Rob & Chyna" baby special, drama between Rob Kardashian and Blac Chyna exploded on social media on Saturday.

Blac Chyna's Instagram account was taken over by someone who released over a dozen of now-deleted screenshots of texts and direct messages that paint Chyna as a cheater only looking to use Rob for fame and access to the profitable Kardashian name.

In some texts she calls her fiance "lazy" and "insecure" and is giving him a year to "get it together." The hacker also revealed that Blac Chyna had moved herself, Baby Dream and King out of the house she was sharing with Rob, reports E!. Here's a breakdown of this mess.



Rob's side



INSTAGRAM/@ ROBKARDASHIAN

On his own Instagram and Snapchat, Rob confirmed that Blac Chyna left him, taking Baby Dream, their furniture and even the food out of the fridge — he was particularly upset about his Eggos. In one post he says he's "hurt" and that he just wants to be with his baby on Christmas. He says he "loved every inch" of Chyna and feels betrayed that he was just part of a plan.

Chyna's side

The new mom created a backup Instagram account to say that Rob was verbally abusive and unmotivated in their relationship, which, if we're being honest, sounds about right. In the deleted post she said that she's done nothing but help Rob, and that he's mentally ill and self-medicates. She claimed that Rob knows where she and Baby Dream are, but hasn't come to see his month-old daughter. She says he "asked" for all of this.

The case for the publicity stunt

While Rob insists that this whole situation wasn't a publicity stunt, the timing of the incident was perfectly suited to drum up ratings for their special.

We also know that the couple recently moved into a home they're renting from Rob's little sister, Kylie Jenner. So Rob's footage of those empty rooms could be the result of the family's planned move. It's all very suspicious.

As bad as things look, there is no doubt in our minds that they will be back together next week. We're over this.

Chris Brown throws another tantrum

Chris Brown is still annoying. You would think that someone who spends so much time in the press for his never-ending string of legal battles wouldn't be so obnoxiously pompous on social media, or maybe the two characteristics go hand-in-hand. Either way, after releasing a surprise single called "Party," Breezy felt slighted by fans on Saturday when the track didn't get the iTunes downloads he felt it deserved. The 27-year-old took to Instagram to let them know.

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

Perez Hilton has screenshots of the now-deleted Instagram post where Brown blasts his fans for preferring "non-lyrical rappers" over himself. He says he's the only artist left with "vision and dedication to his fans," which seems contradictory to the riot act he was reading them. He doesn't think there are any artists that work as hard as he does.

Meanwhile, we don't think there are any artists quite as reckless and arrogant as him.

2 Chainz sells ugly Christmas sweater for $90K

2 Chainz isn't all about his expensive clothes and jewels. Actually he is, but this time he used them for a good cause. The "Watch Out" rapper teamed up with Avianne & Co. jewelers to create an ugly Christmas sweater with a steep price tag. Sold at $90,000, the shirt that 2 Chainz is calling the "most expensivest ugly Christmas sweater" includes 50 carats in diamonds and 250 grams of gold. "Entertainment Tonight" says that proceeds from the sale went to the 39-year-old's T.R.U. Foundation.

It's a nonprofit that supports veterans, children with disabilities and local arts education in Atlanta.

The mystery buyer shouldn't expect to win "Ugliest Sweater" at their holiday party, though. It's actually a pretty cool sweatshirt with a pop culture reference. The golden Santa is hitting "the folks," a popular dance craze we'll soon forget. The buyer is going to hate themselves this time next year.

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Ben Mendelsohn can't believe he's in 'Star Wars'

The acclaimed "Rogue One" actor is just glad people are finally noticing him.

MATT PRIGGE
@mattprigge
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Ben Mendelsohn's happy to be in a "Star Wars" movie, and so are we. For fans of the Australian character actor's work, Mendelsohn's turn in the spin-off/prequel "Rogue One" — playing Imperial baddie Orson Krennic, tasked with getting the first Death Star up and running — means more people will know who he is. Though an actor since his teens, it wasn't until the crime epic "Animal Kingdom" in 2010 that he became what he is today: a thrilling and frequently employed go-to character actor, stealing scenes in "Killing Them Softly," "The Place Beyond the Pines" and "Mississippi Grind."

Ben Mendelsohn plays the chief villain in "Rogue One": Imperial director Orson Krennic, tasked with making sure the first Death Star is fully operational. JONATHAN OLLEY

I have to say, talking about a new "Star Wars" reminds me of how old I am. Do you get the same way when you think about the passage of time?

Oh, absolutely. But what I think is really weird is when you get older, it's almost as though you actually get to the core of who you were a lot more than you did all those many years in between. And I like that. I like the way I feel about who I am now, even with my many misgivings and many shortcomings. I feel that I am much friendlier, and more accepting, as it were, of that human that I was. Maybe that's because now I'm in a "Star Wars" movie. [Laughs] I have kind of wished, through this process, to travel back in time and tell this young fella, "Relax. One day you'll be in 'Star Wars.' Don't sweat it, baby." But, alas.

GETTY IMAGES

When you were younger were you the angry, brooding type?

I was. Oh, yeah. There was a real heaviness. There's a real heaviness that comes upon you in your adolescent years. There's a real search for deep, visceral authenticity and a very narrow, austere reading of what's right and wrong and good and bad and all that s—, which I think one is released from through the passage of the years.

I'm sure it helped that over the last seven or so years, you've been getting lots of meaty roles: "Mississippi Grind," "Killing Them Softly"...

Look, honestly, I just feel incredibly lucky to be playing characters that people notice. I've been doing this since I was 14. I was really quite successful when I was around 17 to, say, 21, 22. I had come to terms that that was when I had a great career. I still had a career after that. But it wasn't a great career, like it was then. I thought that was it. Sooner or later, I'd have to get some proper job, etc., etc., or sit around dreaming forever. So I've been greatly relieved and delighted by what's happened.

And now you have an action figure.

Oh, I absolutely have an action figure. I have multiple action figures. I have socks.

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Make Music Winter cheers us on the shortest day of the year

The citywide musical event celebrates the Winter Solstice with sounds.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

A scene from 2015 Make Music Winter's "Pilgrimage," in which lantern-toting carolers sing medieval songs along the Upper West side. COREY WITMER

Dec. 21 is the shortest day of the year, but in New York, it's also one of the most vibrant. That's thanks to Make Music Winter, the sixth annual free, all-day outdoor musical celebration. On Wednesday, 13 participatory musical parades take place throughout the city, from the Bronx to Brooklyn.

Fight your case of S.A.D. by joining in on one of the peripatetic performances, on an (extra long) lunch break, a late afternoon pick me up or a much-needed after work release.

Here are five parades we're looking forward to this year.

Off the Afrobeaten Path

Brand new to the lineup is this roving parade of percussion, led by Kevin Raczka and select members of Antibalas, the Afrobeat Ensemble. It's BYOP (bring your own percussion), and you can interpret that as you wish: Anything from maracas to cowbells are welcome. The parade sounds off at 2 p.m. in Washington Square Park and pulses through the West Village, finishing up at 3 p.m. at Two Boots Pizza, where performers receive a complimentary slice and soda.

Kalimbascope

Composer J.C. King leads this mile-long walk of kalimba players through lower Manhattan. A rolling speaker will amplify the low, plucking sounds of the African instrument—a hand-held wooden board with metal tines, sometimes known as "thumb pianos." The first 25 kalimbas will be provided, or bring your own. The third annual performance begins at 4 p.m. at City Hall and wraps up at 5 p.m. under the archways at One Centre St.

African Echoes

Here's one for the singers. A spin-off of last year's Alpine Echoes, this inaugural call-and-response parade instead draws on African vocal traditions. Beginning at Old Fulton Plaza, participants will croon throughout Dumbo, along Water Street and under the Manhattan Bridge Archway (stellar acoustics) before easing their windpipes with alcoholic beverages at 68 Jay St. Bar.

Winterize

Take a long lunch break and spend it in the Brooklyn Botanic Garden, where baritone Christopher Dylan Herbert will perform Franz Schubert's song cycle "Winterreise" for the second year of MMW. The audience provides his musical accompaniment, by way of hand-held radios emitting the piano melody, as they wander the grounds. It begins at 11:30 a.m. at Magnolia Plaza and ends in the park at 12:45 p.m. Radios will be distributed to the first 50 attendees, or bring your own. Or, just watch: The garden is free before noon.

Parranda de Inverno

Led by the all-female Brazilian drumline FogoAzul NYC, this percussive second line is another addition to the lineup this winter. BYOP, or dance along as the parade makes its way through Midtown, starting at Rockefeller Plaza at 5 p.m. and passing through Little Brazil on 46th Street before looping back at 6 p.m.

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HOW TO GET AHEAD

ISTOCK

A little preparation and research go a long way.

LAKSHMI GANDHI
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Even for high school seniors who have perfected their applications and standardized-test scores, the college admissions interview is often a nerve-wracking experience.

"I tell students, as far as the nervousness goes: The subject of the conversation is you," says Ian Fisher, director of educational counseling at College Coach, an educational advising firm. "This isn't a quiz or a difficult calculus problem. They just want to know you."

Easier said than done, right? Fisher shares his tips on how to prepare for this all-important conversation.

Don't sound too rehearsed

"When I was an admissions counselor, my objective was to have a fun interaction with a student," Fisher explains. "I was trying to ask questions that led them to share a little about who they are."

The worst thing a student can do is spew rehearsed answers to basic questions. "I would always ask students what they were reading, and I use those as book recommendations," he says. "I'm not looking for 'War and Peace' or 'A Tale of Two Cities'; those are books I already know about."

Think about the school's culture

Different colleges are looking for different things, so you should prepare accordingly. "It's really important to understand the character of the school you are interviewing for," Fisher says. "You should know your Duke interviewer might be a little more professional, a little more traditional. A Stanford interview is probably going to be more entrepreneurial and laid back than what you would get from a Harvard interview."

Take cues from your interviewer

Admissions offices often enlist a variety of people to do interviews for them, notes Fisher. Be sure to know if you will be meeting with an admissions officer, an alumni representative or a student worker before heading into your interview.

"A staff member is going to be much more practiced at interviewing. You can expect questions on your high school experience, books you have read recently and your interests," says Fisher. "With a student interviewer, it's more about peer-to-peer relationships and student culture, while alumni interviews tend to be more formal."

Be enthusiastic

Most important of all, schools want students who really want to be there. "Schools see an interview as not only an opportunity to learn about the student but also to help the student learn about the school," explains Fisher. "This is a chance for you to express curiosity about the place."

Fisher suggests preparing two or three thoughtful questions. "Don't ask questions that you can get the answers to online," he says. "Ask questions that are specific to that person's experience."

Your enthusiasm could be the deciding factor in selecting you over someone else with similar grades. "One of the all-important moments comes at the end of the interview, when they ask, 'Do you have any questions for me?'" says Fisher. "The worst answer to that is 'No, I'm good.'"

ISTOCK

Freelance is the new full-time

By 2019, half the U.S. workforce is expected to consist of freelance, consultant, temporary or contract staff.

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Full-time employment is out, and the "agile workforce" is in.

A study called "Workplace 2025" from staffing company Randstad US found that a greater number of workers and employers are opting for freelance, consultant, temporary or contract opportunities instead of traditional full-time positions.

"This study has shock value as it predicts we will see significant change for the workplace and workforce of the future," Jim Link, chief human resources officer at Randstad North America, told us. "It's truly a wakeup call for business and HR leaders who need to better understand and prepare for a significant change in how we all work."

The number of companies building an agile office jumped to 46 percent from 18 percent in 2012, and 46 percent of workers surveyed personally chose not to be full-time.

"One of the most surprising findings is workers' perception that being 'agile' offers greater job security," Link said.

This growing trend is driven largely by millennials, who are looking for "flexibility" and "experiences" over titles and climbing the proverbial corporate ladder, the study found.

"This mind-set shift, combined with the growing availability of collaborative technologies to facilitate work from anywhere, anytime and on any device, means that working a traditional 9-to-5 day in an office will be obsolete," Link said. "It's not just about telecommuting or flexibility — 56 percent of agile workers said it makes them more money, too."

According to the study, the average salary for an agile worker is $77,180.

More than 3,100 full-time, temp, contract, consultant and freelance workers participated in "Workplace 2025," as did more than 1,500 C-suite executives.

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3 Things we saw as the Giants shore up playoff position with win vs. Lions

The Giants' defense once again did enough to win as Big Blue retains playoff form.

KRISTIAN DYER
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sports@metro.us

The Giants continue to do just enough on offense to support their outstanding defense. GETTY IMAGES

It was far from an ideal output on offense but for a second straight week it was just enough for the New York Giants in a 17-6 win over the Detroit Lions.

The Lions, who had seven of their eight wins this season come in the fourth quarter, were frustrated all afternoon by a defense that would bend but not break.

On the game's opening possession, the Giants took 5:37 to go 10 plays and 75 yards for a 7-0 lead, Eli Manning finding rookie wide receiver Sterling Shepard for a 6-yard touchdown pass for the lead. It was a strong start for Manning following the struggles from a week ago.

The Lions looked prime to take the lead after quarterback Matthew Stafford threw a 67-yard pass over the top of the Giants defense on a play where cornerback Dominique Rodgers-Cromartie was badly beaten and had no help in that area. Rodgers-Cromartie would recover and tackle Tate at the Giants 11-yard line.

On the next play cornerback Leon Hall forced a fumble and Olivier Vernon recovered the ball for a Giants touchback. The Giants would then go 11 plays and 51 yards to set-up Robbie Gould for a 47-yard field goal and a 10-3 lead.

With 5:47 left in the fourth quarter, Odell Beckham Jr. made a one-handed grab and then secured the ball with his crotch for a 4-yard touchdown to make it a 17-6 game for the Giants. Beckham led all Giants wide receivers with six catches for 64 yards. He also had a long punt return that featured two reverses nullified by a block in the back penalty.

The Giants, now 10-4, got their 10th win for the first time since 2010.

1 Eli being Eli

One week after he was criticized for three turnovers in an ugly home win over the Dallas Cowboys, it was a solid showing from quarterback Eli Manning and the entire offense. Manning completed his first 11 passes for 102 yards and a touchdown, leading the Giants on two scoring drives on their first four possessions.

His numbers weren't impressive but he was efficient (no turnovers) and he completed a high percentage of his passes.

Manning was 20-for-28 for 201 yards with two touchdowns.

2 Defense makes big plays

The Giants defense stood tall last week in holding the Cowboys to just seven points and they again stood tall, limiting the Lions to just two field goals. It was a number of big plays throughout the afternoon that staked the Giants to the win.

Early in the second quarter, Eli Apple read the eyes of Golden Tate and made a tremendous pass breakup on a Matthew Stafford pass that would have been six points. On the next play, cornerback Janoris Jenkins went full extension (and left the field with a back injury) after he broke up a Stafford pass to tight end Eric Ebron.

Then there was Vernon's fumble recovery in the end zone in the second quarter as well as his shared sack with Johnathan Hankins early in the third quarter that stopped a Lions drive, limiting them to a field goal.

3 Committed to running

The Giants came into this game second from the bottom in running the ball, averaging just 79 yards a game. Against the Lions, a team with a questionable pass defense, the Giants did their fair share of running the ball to augment their efficient passing game.

They had 114 rushing yards in the game, a rare triple-digit run game for the Giants offense.

Bowles on Jets' struggles: 'It's all on me. ... I take full responsibility'

It was only 12 months ago when the Jets were en route to a promising 10-6 campaign with high hopes entering this season. But those warm feelings dissipated within the first month of the season.

And much like Saturday night's prime-time debacle, a 34-13 waxing at the hands of the Miami Dolphins, the season's narrative has been uneven throughout.

Just when it seems like the Jets can get something going, the bottom falls out and they spiral deeper into despair. And Saturday night's massacre mirrored this season. New York had a tough one-point loss in the opener to the Bengals, despite garnering seven sacks. They then went to Buffalo in a Thursday night prime-time affair and hung 37 points on old friend Rex Ryan, but followed up that promise with a four-game slide. The next two games were wins, but that, too, was overshadowed by another four-game losing streak.

Is Todd Bowles job in jeopardy? GETTY IMAGES

"When you play like this, it all falls on me. It starts at the top. I got to do a better job and they got to do a better job."

Todd Bowles

It's been a consistently inconsistent season for the Jets, and it has head coach Todd Bowles at wits' end.

"Special teams has been disappointing. The defense has been disappointing. The offense has been disappointing," Bowles said via today's conference call. "There isn't one area."

Bowles is right, as breakdowns and lapses have happened in every phase. The Dolphins scored on an 11-yard blocked punt return by Walt Aiken. Wideout Brandon Marshall only hauled in one of his 11 targets, and had his case of the dropsies flare up again. And the defense got shredded by a career backup.

Players play and coaches coach, but for Bowles, he accepts everything that has happened to his team this season.

"It's all on me. It's all a reflection of me, so I take full responsibility," Bowles said, sounding as if he's run out of answers.

Bowles is right, neither the players nor coaches have done a good job this season. And with the Patriots and Bills on tap to close out the season, it doesn't look like the Jets will earn another win this season. There aren't many bright spots at this stage for a Jets squad that'll be battling the other also-rans for a high draft pick. And judging by the lofty cap prices of some of the more valued veterans, things will look considerably different next season and could get a lot worse before they get better for Gang Green. TONY WILLIAMS

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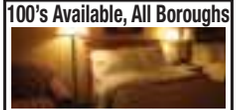

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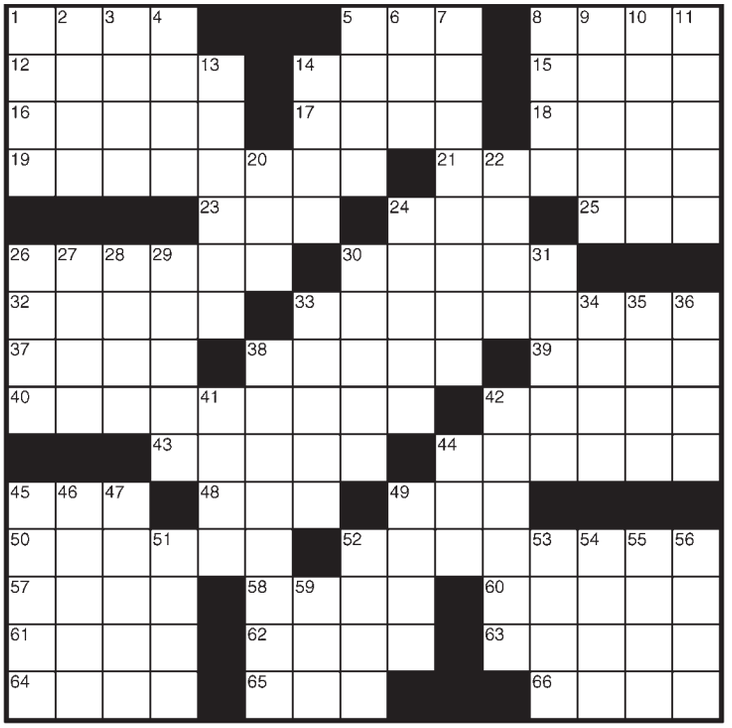

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5				2				

hard

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9							3	

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Aries Be observant and speak out about anything you feel is being misjudged or misused. The way you handle others will have an impact on the way things turn out.

Taurus Travel plans, socializing with peers or expressing your feelings to the people you care about most are all favored. Observe and respond based on how others treat you.

Gemini Honesty will help you avoid emotional discord. If you want to make changes at home, offer suggestions and involve everyone who will be affected by the changes.

Cancer Discuss plans and book all your arrangements for the holidays. Try something new or take a different approach to how you spend your time and money.

Leo Check your bank balance before you spend too much. Confusion about what you can afford is apparent. You can't buy love, but offering affection will encourage it.

Virgo You'll have difficulty discovering the truth with emotional matters. Observation will be in your best interest. Question those who can offer you insight.

Libra Get involved in a cause geared to helping less-fortunate people. The time spent will be enlightening as well as rewarding in terms of the people you encounter.

Scorpio Frustration, anxiety and disputes will surface if you are too pushy or you allow someone to take advantage of you. Stay focused on what's important to you.

Sagittarius Lady Luck is in your corner. Look at your options and put your strategy to work. Settlements, investments and finances will take a positive turn.

Capricorn You need to put more time, effort and energy into clearing up unfinished business. Take care of matters that can have implications for your tax returns.

Aquarius You should ask for favors, offer support to an organization you care about or take the initiative to reconnect with old friends. Reunions will lead to future plans.

Pisces Emotional distress may land you in hot water if you neglected someone who was expecting to receive more attention from you. Don't waste time. EUGENIA LAST

Yesterday's answers

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A	G	O		L	I	D	O	S		D	O	U	S	E
M	A	S	T	O	D	O	N	S		O	R	G	A	N
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